

# Urbana Senior Center

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www.FrederickCountyMD.gov/aging

## March Program Highlights

### Voting Demonstration

Maryland's new voting system produces a voter-verifiable paper record (a "paper trail") of each voter's selections. The Frederick County Board of Elections is conducting public demonstrations of Maryland's new voting system. Stop by to try out the new system and get your questions answered.

**Date:** Tuesday, March 1

**Time:** 10:00 a.m.-3:00 p.m.

### Artful Creations

Create unique and fun art work! This month we will have fun painting with rubber bands!

**Date:** Wednesday, March 9

Sign-up by Monday, March 7

**Time:** 1:00 p.m. **Cost:** Donation

### Breakfast for Lunch with Nurse Steve

Bring your friends and enjoy a delicious breakfast for lunch. A variety of breakfast foods will be offered. Nurse Steve's talk will be "Why do I have so much trouble sleeping? a discussion on the importance of sleep and how to fall asleep and stay asleep."

**Date:** Thursday, March 10

Sign-up by Tuesday, March 8

**Time:** Noon

**Cost:** \$4.68 (Regular meal cost)

### St. Patrick's Day Luncheon

Join us for some "green" fun. Lunch includes: corned beef, potatoes, cabbage, carrots, corn muffin and cake.

**Date:** Thursday, March 17

Sign-up by Thursday, March 10

**Time:** Noon

**Cost:** \$4.68 (Regular meal cost)

### Family Issues Regarding Dementia

When a family member has dementia it can cause issues within the family. Learn tips on how to deal with some of these issues. Fred Balius with the Health Department will lead the discussion.

**Date:** Tuesday, March 22

**Time:** 11:30 a.m. **Cost:** Free

### Spring Luncheon

Celebrate the start of Spring! Lunch includes: pork loin, green bean casserole, pasta with garlic sauce, and apple pie.

**Date:** Tuesday, March 22

Sign-up by Tuesday, March 15

**Time:** Noon

**Cost:** \$4.68 (Regular meal cost)

### The Inside Scoop: Education & Ice Cream Eye Health

Learn more about eye conditions and ailments such as cataracts, corneal diseases, glaucoma, macular degeneration, and dry eye syndrome. Dr. Sunil Thadani, M.D., M.P.H., from the Maryland Vision Center will give the presentation.

**Date:** Tuesday, March 15

**Time:** 6:30 p.m. **Cost:** Free

### Day Trips

March 11: US Army Heritage Center

March 18: Fire Museum of Maryland

**Registration for  
Day Trips: April-June  
Begins Tuesday March 8**

(see other side for calendar of activities)